

# Montana State Hospital

## Central Rehabilitation Services

### January 2006

#### RECREATIONAL/ REHABILITATION THERAPY SERVICES

Utilizes social or leisure involvements as a modality to achieve specific psychosocial-leisure-educational outcomes. Individuals receive a rehabilitation therapy assessment and care plan which guide these services. Examples of assigned interventions include:

##### Life Fitness I:

Addresses fitness through structured physical activities such as walking. Held in TLC Gym at 10:00 AM Monday through Friday. (Rehab Staff)

##### Life Fitness II:

Variety of activities offered to enhance physical fitness with minimal structure and supervision. Held in TLC Gym at 1:00 Monday through Friday. (Rehab Staff)

##### Team Sports:

Designed to elicit cooperative team focus, appropriate social interaction, and enhance fitness and leisure activity awareness. Held in TLC Gym at 2:00 PM Monday through Friday. (Rehab Staff)

##### Open Gym:

Opportunity to participate in a variety of recreational, physical, leisure activities such as table tennis, pool, walking, weight training to promote fitness awareness, social and leisure skills. Held in TLC Gym at 3:00 PM on Monday, Tuesday, Thursday, Friday. (Rehab Staff)

##### Music Therapy:

Activities utilize music to facilitate self-expression, affect training, attention and tension reduction skills. Held in Living Skills Classroom (TLC) at 3:00 PM on Tuesday & Thursday. (Diana Vashro)

##### Relaxation Training:

Four sessions involving a variety of active tension reduction involvements and techniques. Held in TLC Classroom #2 at 1:00 PM on Monday & Wednesday. (Rick Davis)

##### Leisure Education:

Value clarification techniques and planning activities are utilized to increase awareness and appreciation of self-nurturing, value expressive leisure, and the importance of leisure in stress management and recovery. Held in A-Wing Conference Room at 1:00 PM on Thursday & Friday. (Rick Davis)

##### Creative Arts I:

Offers opportunity for self-expressive leisure activity with focus on attention skills. Utilizes wide variety of hands-on art and craft activities. Held in TLC Creative Arts Lab at 9:30 & 10:30 AM and 2:00 PM Monday through Friday. (Cheryl Eamon)

##### Creative Arts II:

Utilizes wide variety of art and craft activities to expand opportunities for creativity for individuals who benefit from more advanced and individualized study of the creative process. Held in TLC Classroom #2 at 2:00 PM Monday through Friday. (Debbie Cuen)

##### Ceramics:

Hands-on activity to encourage leisure interest and facilitate self-expression. Held in TLC Creative Arts Lab at 3:00 PM Monday, Tuesday, Thursday, Friday. (Cheryl Eamon)

##### Evening Leisure Activities:

Activities designed/offered to promote prosocial behavior, independence, self-worth, and re-establishment of normal roles which will enhance community reintegration. Includes team sports, table games, dances, birthday parties, special events. Evenings, weekends; time and place posted on wards. (Rehab Staff)

Individual Sessions:

1:1's are therapist guided, individual treatments designed to further rehabilitation therapy goals for individuals whose treatment needs are not being met in group involvements. Held on or off the unit; specific times will be assigned. (Rehab Staff)

Fire Safety:

A learning activity composed of 8 sessions designed to facilitate an understanding of basic fire prevention and fire extinguishing. Offered upon request. Held in TLC Classroom #1 at 3:00 PM on Monday, Tuesday, Thursday, Friday. (Henry Hislop)

Adult Education:

Educational intervention for individuals with an assessed need to learn or remediate specific academic/life skills. Assistance in pre-GED studies for those who are at least a tenth grade educational level. Held in Adult Ed Classroom (TLC) at 1:00 & 2:00 PM Monday through Friday. (Mike Sbragia)

Living Skills:

Educational intervention which focuses on development and/or maintenance of basic functional skills associated with nutrition and weight control concepts, special dietary needs, planning and preparing nutritious meals/snacks, housekeeping, and household safety. Held in Living Skills Classroom (TLC) Monday through Friday at 9:00 AM & 1:00 PM, and 10:00 AM Tuesday & Thursday. (Diana Vashro)

Computer Laboratory:

Provides the opportunity for self expression, leisure involvement, and the development of basic computer and keyboarding skills. A variety of software is available to facilitate learning, skills training, and personal development. Held in Living Skills Classroom (TLC) Monday through Friday. Flexible scheduling at discretion of instructor. (Diana Vashro)

Mental Illness Education:

Educational intervention consisting of 12 sessions providing an opportunity for participants to share their experiences, feelings, and offer/receive support. Topics include effects of mental illness upon the individual and family/friends, diagnoses, symptomology, medication and side effects, stress management, crisis plans, recovery process, stigma, relapse. Held in Living Skills Classroom (TLC) at 10:00 AM on Monday, Wednesday, Friday. (Diana Vashro)

Problem Solving:

Teaches problem solving techniques utilizing the Situation Options Consequences Solutions (S.O.C.S.) format. Utilizes group discussion, personal disclosure, homework. Held in A-Wing Conference Room at 3:00 PM on Tuesday. (Rick Davis)

Occupational Therapy:

Consultation in areas of sitting, standing, balance, wheelchair seating systems, training for crutches or walker, adaptive equipment, exercise and strengthening programs. Monday through Friday as requested by physicians with flexible scheduling at discretion of therapist. (Mick Buben)

**SELECT FUNCTIONAL ASSESSMENTS**

Range of Motion:

Evaluation of joint range of motion for measurement and to assess for a program to increase strength or range of motion in specific area of limitation such as the shoulder, back, knee, or elbow.

Independent Household Skills:

Evaluation of fund of knowledge and functional skills associated with household and food safety/sanitation, skills necessary to initially set up and maintain personal living space, ability to choose, plan, and prepare nutritious meals/snacks.

## **VOCATIONAL THERAPY/ RESIDENT EMPLOYMENT**

### **Vocational Therapy**

#### **Laboratories:**

Services utilize vocational involvements as a modality to achieve specific psychosocial-educational outcomes. Interventions will take place in intensive vocational therapy training labs. Individuals receiving vocational therapy will have an assessment and care plan developed to guide the intervention process.

Individuals may be involved in the following employment opportunities:

#### **Pre-Vocational Lab:**

Focus on work skills and attitudes which facilitate readiness for vocational placement. Held in TLC Classroom #1 from 8:30 to 10:00 AM Monday through Friday. (Dale Miller)

#### **Carpentry Lab:**

Meets in the Wood Shop from 10:00 AM to 12:00 PM and at 1:00 to 2:00 PM Monday through Friday. (Dale Miller)

#### **Automotive Lab:**

Meets in the Mechanic Shop from 8:00 to 11:30 AM and 1:00 to 3:00 PM Monday through Friday. (Henry Hislop)

#### **Canteen Lab:**

Employment opportunity assisting staff in the Canteen Monday through Friday. Schedules will vary. (Henry Hislop)

### **Video Library:**

Will be open Monday through Friday. Hours will be posted and are subject to change. Closed when Canteen is closed. (Dale Miller)

### **Thrift Center:**

Will be open Monday through Thursday. Hours will be posted and are subject to change. (Dale Miller)

### **Library:**

Will be open 8:30 AM to 12:00 PM and 1:00 to 4:00 PM on Monday, Tuesday, Thursday, Friday; 8:30 AM to 12:00 PM on Wednesday. (Terry Ferguson)

### **Resident Employment:**

This service is provided to offer employment opportunities similar to those in a community setting. Individuals are given job assignments working side by side with hospital employees. (Cindy Sanders)

## **AUXILIARY SERVICES**

### **Grief Counseling:**

Offered to assist individuals in dealing with loss which is a serious contributor to psychiatric conditions or functional impairment (Father Pins, Chaplain Wood)

### **Spiritual Counseling:**

Offered to promote better understanding of spiritual concerns and attend to holistic health needs. (Father Pins, Chaplain Wood)

### **Priest/Chaplain Office Hours:** (Both offices are in the TLC)

*Priest's* office hours are 11:00 AM to 1:00 PM Tuesday & Friday.

*Chaplain's* office hours are 10:30 to 11:30 AM and 2:15 to 3:00 PM on Tuesday; 11:00 to 12:00 PM and 2:15 to 4:00 PM on Thursday.

### **Religious Services:**

Provided weekly to allow continuation of worship practices held prior to hospitalization. Held in the TLC Group Room.

*Catholic Mass* at 3:15 PM on Friday. (Father Pins)

*Protestant Services* at 3:15 PM on Tuesday. (Chaplain Wood)

### **Beauty/Barber Shop:**

To assist with personal grooming needs. Shop is in the TLC. Hours are 8:00 to 11:30 AM and 12:00 to 3:30 PM Tuesday through Saturday by appointment. (Nancy McCollom)

### **Canteen/Snack Bar:**

Opportunity for social interaction and relaxation. Various foods, beverages, snacks, and sundries are available for purchase. Located in the TLC. Open 8:30 to 11:30 AM and 12:30 to 3:00 PM seven days a week. Closed for lunch 11:30 AM to 12:30 PM daily, on all holidays, and on last day of each month for inventory. (Pat Hanson)